

### Upcoming Closure:

**Thursday, Nov. 26th**



### Upcoming Activities:

#### Jewelry Making Class:

**W. Hickory, Nov. 3rd;**  
**E. Hickory, Nov. 5th;**  
**Newton, Nov. 10th;**  
**Catawba, Nov. 17th**

#### Trip to Asheville:

**E. Hickory, Nov. 11th**

#### Update on Veteran's Benefits:

**Maiden, Nov. 9th**

**Join us!**

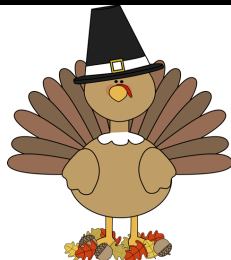






EHKY SMO participants Richard Clark and Auncie Austin making butter in a jar! Lowe's Foods donated bread for the folks to enjoy their homemade butter on!



Each Seniors Morning Out site took a trip to the Hickory Museum of Art sponsored by the United Arts Council. Participants did an art project with Theresa Gloster then took a tour of the museum. Everyone had a great time!

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County. There is never a charge to participants, and there are no income limits. Donations are accepted. The only requirement is that you be 60 or better and live in Catawba County. Come prepared to have fun, meet new friends, and learn something new! For more information, call 828-695-5610, go to our website, [catawbacountync.gov/dss/nurition.asp](http://catawbacountync.gov/dss/nurition.asp), or like us on Facebook!

<div>SMO MENU</div> <div>CATAWBA</div> <div>COUNTY</div> <div>North Carolina</div>	<div>NOVEMBER</div>			<div></div>
<div>2</div> <div>CHICKEN CASSEROLE</div> <div>GLAZED CARROTS</div> <div>BLACKEYED PEAS</div> <div>WHEAT ROLL</div> <div>AMBROSIA SALAD</div> <div>MILK</div>	<div>3</div> <div>GREAT NORTHERN BEANS W/ HAM</div> <div>MIXED GREENS ROLL</div> <div>BLUEBERRY CRISP</div> <div>MILK</div>	<div>4</div> <div>SLICED ROAST TURKEY GRAVY</div> <div>GREEN PEAS</div> <div>WHIPPED POTATOES ROLL</div> <div>CRANBERRY SAUCE</div> <div>PISTACHIO CREAM SALAD</div> <div>MILK</div>	<div>5</div> <div>STEW BEEF W/ VEGETABLES</div> <div>BROWN GRAVY</div> <div>LIMA BEANS</div> <div>RICE ROLL</div> <div>STRAWBERRY SHORTCAKE</div> <div>MILK</div>	<div>6</div> <div></div>
<div>9</div> <div>CHOPPED PORK</div> <div>BBQ SAUCE</div> <div>COLESLAW</div> <div>HOT GINGER PEARS</div> <div>BAKED BEANS</div> <div>BUN</div> <div>ICE CREAM</div> <div>MILK</div>	<div>10</div> <div>CHICKEN &amp; DUMPLINGS</div> <div>MIXED GREENS</div> <div>RICE ROLL</div> <div>HAWAIIAN SALAD</div> <div>MILK</div>	<div>11</div> <div>MEATLOAF</div> <div>TOMATO SAUCE</div> <div>MIXED VEGETABLES</div> <div>AU GRATIN POTATOES ROLL</div> <div>STRAWBERRY CREAM SALAD</div> <div>MILK</div>	<div>12</div> <div>PINTO BEANS</div> <div>ONION</div> <div>OKRA AND TOMATOES</div> <div>CUCUMBER SALAD</div> <div>CORNBREAD</div> <div>CHERRY CRISP</div> <div>MILK</div>	<div>13</div> <div></div>
<div>16</div> <div>BAKED PORK CHOP</div> <div>GREEN PEAS</div> <div>MACARONI &amp; CHEESE</div> <div>WHEAT ROLL</div> <div>AMBROSIA SALAD</div> <div>MILK</div>	<div>17</div> <div>PIMENTO CHEESE</div> <div>LETTUCE</div> <div>TOMATO</div> <div>VEGETABLE BOWTIE SOUP</div> <div>WHEAT BREAD</div> <div>STRAWBERRY SHORTCAKE</div> <div>MILK</div>	<div>18</div> <div>PEPPER STEAK</div> <div>BROWN GRAVY</div> <div>ORIENTAL VEGETABLES</div> <div>PINEAPPLE YOGURT</div> <div>RICE ROLL</div> <div>VANILLA WAFERS</div> <div>MILK</div>	<div>19</div> <div>CHICKEN BREAST</div> <div>PESTO SAUCE</div> <div>SCANDANAVIAN SALAD</div> <div>BOWTIE PASTA</div> <div>ITALIAN BREAD</div> <div>MANDARIN ORANGES</div> <div>MILK</div>	<div>20</div> <div></div>
<div>23</div> <div>LEMON PEPPER BAKED</div> <div>CHICKEN BREAST</div> <div>BROCCOLI CASSEROLE</div> <div>MANDARIN ORANGES IN JELLO</div> <div>ROSEMARY POTATOES ROLL</div> <div>ANGEL CAKE</div> <div>MILK</div>	<div>24</div> <div>PORK RIBLET</div> <div>BBQ SAUCE</div> <div>COLESLAW</div> <div>BAKED BEANS</div> <div>BUN</div> <div>PINEAPPLE GRATIN</div> <div>MILK</div>	<div>25</div> <div>CHICKEN THIGH</div> <div>GRAVY</div> <div>GREEN BEANS</div> <div>WHIPPED POTATOES ROLL</div> <div>STRAWBERRY SHORTCAKE</div> <div>MILK</div>	<div>26</div> <div>CLOSED FOR THE THANKSGIVING HOLIDAY</div>	<div>27</div> <div></div>
<div>30</div> <div>CHEESEBURGER</div> <div>LETTUCE</div> <div>TOMATO</div> <div>COWBOY BEANS</div> <div>BUN</div> <div>MUSTARD/KETCHUP</div> <div>APPLE CRISP</div> <div>MILK</div>				



# West Hickory SMO Activities

Site Supervisor: Lisa Adams

Assistant: Mary Jett

828-323-8746

















November 2015

West Hickory Senior Center

400 17th St SW

Hickory, NC 28602



<p>2 9:15 Morning Stretch 9:30 Fire Drill 9:45 Cooking w/ Site Supervisor—5 Cup Salad 10:00 BINGO</p> 	<p>3 9:30 Jewelry Making w/ Ellen Ball</p> 	<p>4 9:15 Sit and Be Fit 9:30 Mary mode Annual Enrollment Period for Prescription Drug Comparisons 10:00 Dancing with the Ridgeview Sliders!</p>	<p>5 Wal-Mart</p> 	<p>6</p> 
<p>9 9:15 Morning Stretch 9:30 BINGO 10:00 Sing— A-Long w/ Mabel Gabor</p> 	<p>10 9:30 Conversation Ice Breaker Game! 10:00 Music by Sentimental Journey</p> 	<p>11 9:15 Sit and Be Fit 9:30 Hangman 10:00 "Worried about your memory?" w/ Rik Covalinski, Home Instead</p>	<p>12 9:30 Making Turkey Pins w/ Site Supervisor</p>  <p>** Commodities</p>	<p>13</p> 
<p>16 9:15 Morning Stretch 9:30 Thanksgiving Trivia 10:00 "On the Wide Dark Sea", Tamra Kraus, Patrick Beaver Library</p>	<p>17 Wal-Mart</p> 	<p>18 9:15 Sit and Be Fit 9:30 A Word of Thanks 10:00 Lady Killers by Peggy Messick, RN—CVMC</p>	<p>19 9:30 BINGO 10:00 Birthday Party w/ music by Damascus Road</p> 	<p>20</p> 
<p>23 9:15 Morning Stretch 9:30 Bring in an item for the Butter Bean Auction!</p> 	<p>24 9:30 BINGO 10:00 BP Checks and "Let's talk about Turkey" w/ Carolyn Thompson, RN CVMC</p>	<p>25 9:30 Thanksgiving Poetry 10:00 Thanksgiving Story Game</p> 	<p>26 <b>CLOSED. HAPPY THANKSGIVING!</b></p>	<p>27</p> 
<p>30 9:15 Morning Stretch 9:30 Candy Bar Game 10:00 Thanksgiving JINGO w/ Lena Abernethy, Ridgeview Library</p>	<p><b>HAPPY</b></p>  <p><b>THANKSGIVING</b></p>		<p><b>Happy Birthday!</b></p> <p>Marta Hendrix (11/7)    Robin Lail (11/26) Katie Card (11/10) Rosie Haynes (11/12) Dorothy Lambert (11/20) Martha Boston (11/23)</p> 	

# EHKY SMO Activities

Site Supervisor: Rita Pritchard

Assistant: Barbara White

828-320-5963

November 2015


Huntington Hills Church of God

2123 5th Street NE


Hickory, NC 28601



2  
9:30 Do You Wanna Dance?  
10:00 BINGO



3  
9:30 Sentimental Journey  
10:00 BP Checks with Jackie Saunders



4  
Walmart for the Day!



5  
9:45 Making Jewelry with Ellen Ball



6




9  
9:30 Friend Walk  
10:00 BINGO



10  
Galaxy, Dollar Tree, and Taco Bell for the day!



11  
Asheville Trip!



12  
9:30 Cooking Class w/ Margie Beard—Gobbler Cookies

\*\* Commodities

13



16  
9:30 Stretches  
10:00 BINGO



17  
9:30 The Clontz Family—Singing & Laughing



18  
9:30 Cooking Class—Stone Soup w/ Site Supervisor


19  
Walmart for the Day!



20



23  
9:30 Neurobics—Thanksgiving Word Search  
10:00 BINGO



24  
9:30 Nutritional Facts About Turkey. Baked Vs. Deep Fried  
10:00 Thanksgiving Anagram

25  
9:30 National Parfait Day—making parfaits!  
10:00 BINGO



26  
**CLOSED. HAPPY THANKSGIVING!**

27



30  
9:30 Stress Relief –60 second vacation! Share our vacation experiences  
10:00 BINGO

**HAPPY**



**THANKSGIVING**

Happy Birthday!

Ruby Griggs (11/7)  
Patsy Rippey (11/9)  
Richard Clark (11/12)  
Pat Sigmon (11/21)  
Sharon Carrigan (11/25)





# Newton SMO Activities

Site Supervisor: Robyn Curtis

Assistant: Jackie White

828-455-4133

November 2015

First Presbyterian Church

701 N. Main Street

Newton, NC 28658



<p>2 9:30 Walk &amp; Stretches 10:00 "When holidays can be difficult" by Carol Anne Lawler of Hospice</p>	<p>3 9:00-12:00 Shopping at Hickory Walmart</p>	<p>4 Firedrill 9:30 Walk &amp; Stretches 10:00 BINGO 10:30 "What causes Gout" by Robyn Curtis</p>	<p>5 9:30 Walk &amp; Stretches 10:00 Gospel singing with Damascus Road</p>	<p>6</p>
<p>9 9:30 Walk &amp; Stretches 10:00 BINGO</p>	<p>10 9:30 Walk &amp; Stretches 10:00 Learn to make lapel pins with Ellen Ball, United Arts Council Grant</p>	<p>11 10:00 Experience Hmong New Year. Learn about ceremonial costumes, dance, and cuisine!</p>	<p>12 9:30 Walk &amp; Stretches 10:00 "Prolonging the shelf life of produce" by George Place from the Agricultural Center</p>	<p>13</p>
<p>16 9:30 Walk &amp; Stretches 10:00 Blood Pressure checks by Peggy McLean, Rescare 10:00 Make Butter in a Jar!</p>	<p>17 9:30 Walk &amp; Stretches 10:00 Come "Waltz" down memory lane with Sentimental Journey</p>	<p>18 9:00 Cooking Class w/ Site Supervisor: Mini Pumpkin Pies 9:30 Walk &amp; Stretches 10:00 BINGO</p>	<p>19 9:00 Walk &amp; Stretches 9:30 Faith inspiring story by author of book, "God's Got This!" and NC resident Lauren Summey Smith</p>	<p>20</p>
<p>23 9:15 Walk &amp; Stretches 9:45 "Things you may not know about Medicare Advantage Plans" by Renee Smith, Independent Licensed Ins Agent</p>	<p>24 9:30 Walk &amp; Stretches 10:00 BINGO 10:45 Foodborne Illness Education</p>	<p>25 11:00-1:00 Thanksgiving Dinner @ Western Steer in Newton</p>	<p>26 <b>CLOSED. HAPPY THANKSGIVING!</b></p>	<p>27</p>
<p>30 9:30 Walk &amp; Stretches 10:00 Craft—Christmas Wreath &amp; Game Day!</p>	<p><b>HAPPY</b></p> <p><b>THANKSGIVING</b></p>			<p>Happy Birthday!</p> <p>Dorothy Foote (11/5) Ruby Gibson (11/6) Anita Mapes (11/6) Paul Williams (11/10) Betty Greenard (11/11)</p> <p>Edith Clemons (11/22) Diana Montgomery (11/25) Judy Leatherman (11/30)</p> <p><b>HAPPY BIRTHDAY!</b></p>

# Catawba SMO Activities

Site Supervisor: Wendy Thomas

Assistant: Margaret Melton

828-320-0434

November 2015 Center United Methodist Church

4945 Sherrills Ford Road

Catawba, NC 28609



2  
9:30 Morning Walk  
9:45 BINGO



3  
9:30 Shopping at  
Walmart, Conover  
11:15 Dollar Tree,  
Conover



4  
9:30 Tips for Healthy Skin  
9:45 Food Borne Illness  
10:00 Basketball &  
Kickball

5  
9:30 Bowling @ Pin  
Station and Shopping @  
Honeys



9  
9:30 Bible Trivia  
10:00 Chair Exercises  
by Susie Chafin  
10:30 Poem on the day

10  
9:30 Getting to know our  
Friends @ Center UMC  
9:45 Joke of the day by  
Karen Clark  
10:00 Music by Millard  
Gibson

11  
9:30 Morning Walk &  
Stretch  
10:00 Fire Safety BINGO  
by Ray Ball, Claremont  
Fire Dept



12  
9:30 Blood Pressure  
Checks by Bayada  
Home Health  
10:00 Fall Prevention by  
Jackie Saunders,  
Bayada Home Health  
10:30 Fire Drill



16  
9:30 Morning Walk &  
Stretch  
10:00 BINGO



17  
9:30 Jewelry Making  
Class by Ellen Ball



18  
9:30 Diabetic Eye  
Diseases & Prevention by  
Tracey Paul, Catawba  
County Health Dept.  
10:15 Anagram

19  
9:15 FALL FUN @  
Center. Corn hole,  
Horsehoes, Birdie toss,  
Thanksgiving craft,  
Making Apple Dumplings



23  
9:30 Morning Walk  
9:45 BINGO  
10:30 "Reflections", a  
time to give thanks



24  
11:00 Lunch at Harbor Inn  
Seafood



25  
9:30 Movie and Popcorn  
at Sherrills Ford Library  
"San Andreas"



26  
**CLOSED.  
HAPPY  
THANKSGIVING!**



30  
9:30 Hangman  
10:15 Chair Exercises  
by Susie Chafin



Happy Birthday!

Evelyn Stutts (11/1)  
Shirley James (11/7)  
Mary Ann Winebarger  
(11/7)  
Harold Phillips (11/9)  
Kathleen Loftin  
(11/13)

Weddie Gabriel  
(11/17)  
Betty Williams (11/17)  
Walter Smith (11/22)



# Maiden SMO Activities

Site Supervisor: Loretta Hefner

828-320-5966

November 2015




Maiden Community Center

E. 2nd St. & Klutz Street

Maiden, NC 28650



2 9:30 FBI, Fire Drill, & On this day in History 	3 9:30 Group Walking in Gym Due to Election Day! & Bible Study w/ Pastor Eddie Roush	4 9:30 BINGO & How to exercise safely?	5 9:30 Group Walking & Group Singing 	6 
9 9:30 Cindy Travis w/ Veterans Office: Recognition of Veterans Day & update on Veterans Benefits.	10 9:30 Group Exercise & BINGO 	11 9:30 Group Singing & Honor our Veterans 	12 9:30 Staying close to your loved one w/ Tracy Geiger: Family House in Winston Salem Baptist Hospital & Group Exercise	13 
16 9:30 Dana Plummer, Dietician: Proper Nutrition as we age & BINGO	17 9:30 Blood Pressures w/ Catawba County Home Health & Group Walking 	18 9:30 Hangman Game & Site Supervisor: Cooking Class w/ Pumpkin Parfaits	19 9:30 Group Walking & Group Singing 	20 
23 9:30 Nutrition change in the elderly & Corn Hole Game 	24 9:30 Group Walking & Entertainment by: Sentimental Journey Band	25 9:30 BINGO & The Great Pumpkin, Charlie Brown 	26 CLOSED. HAPPY THANKSGIVING!	27 
30 9:30 Group Exercise & What is Non-Hodgkin Lymphoma? 			Happy Birthday! Betty Rhyne (11/2) Sharon Peyron (11/5) Bob Miller (11/12) Earl McElveen (11/15) Mattie Beal (11/18) Donald Anderson (11/30) 	